

**Basic Report 11308, Peas, green (includes baby and lesuer types), canned, drained solids, unprepared**

Report Date:October 27, 2014 10:43 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 cup 175g	1.0 can (303 x 406) 313g
<b>Proximates</b>				
Water	g	82.29	144.01	257.57
Energy	kcal	68	119	213
Protein	g	4.47	7.82	13.99
Total lipid (fat)	g	0.80	1.40	2.50
Carbohydrate, by difference	g	11.36	19.88	35.56
Fiber, total dietary	g	4.9	8.6	15.3
Sugars, total	g	2.99	5.23	9.36
<b>Minerals</b>				
Calcium, Ca	mg	23	40	72
Iron, Fe	mg	1.18	2.06	3.69
Magnesium, Mg	mg	18	32	56
Phosphorus, P	mg	67	117	210
Potassium, K	mg	106	186	332
Sodium, Na	mg	273	478	854
Zinc, Zn	mg	0.66	1.16	2.07
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	4.2	7.4	13.1
Thiamin	mg	0.107	0.187	0.335
Riboflavin	mg	0.053	0.093	0.166
Niacin	mg	0.979	1.713	3.064
Vitamin B-6	mg	0.056	0.098	0.175
Folate, DFE <sup>a</sup>	μg	31	54	97
Vitamin B-12	μg	0.00	0.00	0.00
Vitamin A, RAE	μg	43	75	135
Vitamin A, IU	IU	865	1514	2707
Vitamin E (alpha-tocopherol)	mg	0.38	0.66	1.19

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	36.8	64.4	115.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.143	0.250	0.448
Fatty acids, total monounsaturated	g	0.071	0.124	0.222
Fatty acids, total polyunsaturated	g	0.375	0.656	1.174
Cholesterol	mg	0	0	0
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

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